

# Taco Soup

Rating: ★★ ★

Makes: 10 servings

## Ingredients

**1 pound** ground beef  
**2 cans** diced tomatoes (14.5 ounces each)  
**2 cans** corn (15.5 ounces each, rinsed and drained)  
**2 cans** red kidney beans (15.5 ounces each, rinsed and drained)  
**1 1/2 teaspoons** chili powder  
**3/4 teaspoon** cumin powder  
**3/4 teaspoon** garlic powder  
**1/3 cup** water

## Directions

1. Cook meat in a pot over medium heat until brown.
2. Put meat in a strainer to drain fat. Rinse with hot water.
3. Mix all the ingredients in a pot and cook on low for an hour.

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	270	
Total Fat	5 g	8%
Protein	18 g	
Carbohydrates	39 g	13%
Dietary Fiber	10 g	40%
Saturated Fat	1.5 g	8%
Sodium	490 mg	20%